

DECEMBER 1961

# Daily Word



A UNITY PUBLICATION

# *Pray with Silent Unity*

PEACE . . . Let liberty, justice, peace, love, and understanding be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the mutual security of all mankind.

•

PRAYER FOR ILLUMINATION: Christ reborn in me quickens and illumines me.

•

PRAYER FOR PROSPERITY: The same quickening spirit that worked through Jesus is now born in me. I am abundantly prospered.

•

PRAYER FOR HEALING: The same quickening spirit that worked through Jesus is now born in me. I am made whole.

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# DAILY WORD

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# *Christmas in Silent Unity*

By

A SILENT UNITY WORKER

**C**HRISTMAS in Silent Unity proves again that it is not the outward forms but the inward spirit that counts. For in this, in the Christmas spirit, Silent Unity abounds.

Many young people come from all parts of the world to serve in Silent Unity, and often it is their first time away from home. As Christmas approaches, they may feel a little sad. But over and over again when Christmas is past, we have heard these young people say, "This was the most wonderful Christmas I ever had."

Most of the time on Christmas it does not snow in Missouri. The decorations in the Silent Unity building are certainly not elaborate. We are not given expensive Christmas gifts. The work goes right on, day and night, if anything more diligently than at other times. Yet nowhere in the wide world is Christmas happier, holier, or more beautiful than it is in Silent Unity.

Just what is Christmas in Silent Unity?

First of all, Christmas in Silent Unity is a time of joy.

Charles Fillmore, Unity's founder, once said,

"When joy is put back into religion, there will be more religion in the world." In Unity we put joy into our religion. We believe that the Creator meant His world to be a happy place; it is the good work of a good God. At Unity Village we love speakers who make us laugh. We love to have meetings where we sing. We love to gather round the desk of a fellow worker and bless him.

So Christmas—you can imagine—is a wonderful time for us; for Christmas time is a happy time. It is a time when we can sing, "Joy to the world!" as lustily as is in our power, and do all we can to make it a joyous world.

Joy can come out of the simplest things. For instance, we exchange gifts amongst ourselves, in a way that many big families do. About a week before Christmas, each of us draws the name of a fellow worker. This is the one we are to give our gift to. We do not reveal ourself to him until the day before Christmas. Then we gather round a Christmas tree, we receive our gift, and we find out who has had our name. We do not spend more than a dollar on our gift, but those who spend ten thousand dollars could get no more joy out of their giving. For all during the week we have been writing notes to the co-worker whose name we drew, we have been sending him blessings; praying for him in our meetings, pour-

ing forth love and imagination in such a foaming zest of blessing that the whole place is bubbling with mirth and good will.

Because Christmas in Silent Unity is a time of joy, it is of course a time of carols. Through the year, song is an important part of our meetings. Sometimes we turn our prayer services into song services, singing a healing song over and over. At Christmas we never tire of the Christmas songs. We play them on records; we listen to them on the organ and piano; we have the best voices among us sing them to us. Above all, we all join in singing them together. Singing together, joining in harmony, lifting our voices in the old, familiar words and notes, we weave around the wonder story of the birth of Jesus the golden tissue of music, that concord of sweet sounds that draws the heart out of itself and into the heart of the divine mystery that all the forms and even the story of Christmas are but the symbol of.

Usually we begin to celebrate Christmas the day after Thanksgiving. We begin that day with a special meeting, where we think about the work we will be doing during the Christmas season and the people we will be serving. We usually have had printed a special Christmas card or booklet or letterhead to send to our correspondents. At

this meeting these are passed out to our workers. In turn, every member of Silent Unity—from the newest worker who may be addressing envelopes to those who have served here for many years—blesses this material we will be sending to our friends and gives the blessing of his prayer to all who will receive it.

Christmas in Silent Unity is a time of many meetings. We meet to sing. We meet to pray. We meet to talk. We meet just to meet in Christmas love and joy. And this is part of the magic of Christmas: At Christmas we have more meetings than at other times. We have longer meetings. Yet we answer more letters. We accomplish more work. Somehow there seems to be more time at this time of the year.

Perhaps in one meeting some of our members present a Christmas playlet. Someone may read us one of the well-known Christmas tales, or we may listen to Christmas poetry. Some member of Silent Unity may explain the meaning of the Christmas symbols and tell us of the druid magic in the mistletoe or what Kris Kringle really stands for. The Bible story of the birth of Jesus is told and told again. We hear many times—but never tire of hearing—of the starlit, silent night, of Mary and Joseph, of the stable by the inn, of the shepherds and the Wise Men and the angels, and

of the birth of the Child. There are many kinds of meetings in the weeks before Christmas in Silent Unity, some of them joyous and noisy and full of song and laughter, some of them hushed and holy and filled with the mystical Presence. But at each one we relight the taper of our spirit at the never-failing flame of Christ.

Christmas in Silent Unity is a time of candle-lighting. Every year we have a candlelighting service to remind us once again of the light that shines within. It is conducted by students studying in Silent Unity to become ministers; it is conducted for the members of Silent Unity and we invite those friends who attend the Christmas Retreat. It is a simple service. Symbols and outer forms have never meant much to Silent Unity. But the symbols and forms of Christmas are especially beautiful ones.

At our candlelighting service, each of us when he enters receives a small candle with a printed blessing wrapped around it. This blessing is for us.

At the head of the hall there is a tall white candle representing the Christ. Around this candle twelve red candles are lighted, representing the apostles or the divine faculties of man.

After a brief service of song and prayer, each of us goes forward and lights his candle at the Christ candle. As we light our candle at the

Christ candle, we think of you.

Everyone loves to turn on lights at Christmas. Is it because Christmas is the time when God turned on His light for us?

Christmas in Silent Unity is a time of lights. At Unity Village we string lights from the buildings and on the evergreens. From the top of the tower we hang a wreath of light for travelers to see as they go by.

But of all the bright and beautiful lights that bloom at this happy season, none speaks so clearly or cheerily of the true meaning of Christmas as the light that shines in the window where Silent Unity's vigil of prayer is kept. This light shines day and night throughout the year, not at Christmas only. But especially on a snowy winter night, we are warmed and cheered when we look up and see the light shining.

In the room behind this gleaming square, there are people praying, loving, consecrated, faith-filled people praying in the name of Jesus Christ. We know that we have only to call, and they will pray for us. Somehow, when we turn away and go on about our business in the night, we feel closer to God, more aware of His infinite, infolding, outstretched love.

Christmas in Silent Unity is a time of prayer. We do not pray more at Christmas than at other

times of the year; our prayer meetings are always consecrated periods. But at Christmas we look forward to them even more.

Every day Silent Unity has a special prayer meeting when the specific needs of those who write to us are taken up. Strangers are never allowed in this meeting. Even those who serve in Silent Unity are invited to attend only when the director of Silent Unity feels that they are ready to take part. But at Christmas these meetings are opened to all who serve in Silent Unity.

The new ministerial student or file worker comes in to pray along with the letter writer who has served in prayer for fifty years. And the student and the file worker may bring such a spirit of consecration and devotion that the worker of fifty years' service feels lifted up and inspired by it.

We all get to these meetings very, very early. We file in quietly and sink quietly into our seat. Oh, Christ is close at Christmas time! Our minds are as a manger to cradle His divinity. Our hearts are as a humble birthplace to hold our newborn Lord. There is a special holiness that hallows all our lives.

Christmas in Silent Unity is a time of holiness. There is always a sense of holiness about Silent Unity; there has to be holiness where there is so much prayer. People who visit Unity remark on

this feeling, although they usually do not call it holiness. Sometimes they say, "Peace." "It is so peaceful here," they say. Sometimes they say, "Beauty." "This is such a beautiful place," they say.

Holiness is a sense of the presence of God. Those who serve in Silent Unity practice the presence of God. Every moment of the day and night someone is at prayer here. And those who work in other departments of Unity School, those who come to Unity for study, for retreats, or for spiritual help pray much, too; they too practice the presence.

But especially at Christmas there is a sense of holiness. As again and again in word and song we tell the story of the Holy Infant and dwell in thought on the Christ, some of the beauty and joy and wonder and love cannot help but spill over. As we walk through the halls and enter into the meetings, the beauty of holiness and the holiness of beauty that are at the heart of Christmas fill our heart.

Christmas in Silent Unity is a time for the birth of Christ. We give much thought to the birth of the Babe of Bethlehem. But above all we seek to become more aware of the birth of the Christ in our own heart. For Christ was born in vain two thousand years ago if He is not born in us today.

So all the meetings and all the prayers and all the songs and all the talks have only one purpose: to bring us to an awareness of Christ in us. Again and again we think on these words: "Christ is born in us today. Hallowed is His presence within us." Christ is born in us as faith. Christ is born in us as love. Christ is born in us as the power to help others. It is Christ in us who does the work of Unity. It is through Him that prayers are answered. It is through Him that you are blessed.

Christmas in Silent Unity is a time for blessing you. Sometimes we wish that everyone who writes to us through the year would write to us again at Christmas so that we could send him our Christmas blessing.

You are warm and close to us at Christmas. As we go into our meetings, especially as we go to pray, it is as if you were at our side. As we think of you and speak your name and take your need to God, we do not reach across the miles but only from heart to heart.

So we say to you, God bless your Christmas! God bless you with health. We see your mind and body radiant with the vitality of Christ. We see life pouring through you. We see you whole and strong.

God bless you with prosperity! God fill all your needs and such of your desires as will make this

the happiest Christmas you ever have had. God give you the thoughts and energy and order you need in order to have success in whatever you are undertaking.

God bless you with harmony! God give you the capacity to love others and make you the kind of person who draws love to you. God give you a happy spirit.

God fill your world and man's world with peace! It was of peace the angels sang on the first Christmas. It is peace that is the gift Christ gives to anyone who lets Him into his heart. This is the peace of prayer. This is the peace of God.

God bless your Christmas with a sense of your oneness with Him! May you rise on Christmas morning and on every day of the year and say from your deep heart's deepest core: "Christ is born in me today. Hallowed is His presence within me."

#### **ATTENTION REGULAR SUBSCRIBERS**

The heavy holiday mail often causes delay in magazine delivery during the Christmas season, so the January issue of your Unity periodicals may be slow in reaching you. But practically no mail is lost in this seasonal rush, and we shall appreciate your waiting patiently for the January issue of YOUR magazine to arrive.

Thank you for your patience and co-operation!

## Friday

DECEMBER 1

THE ETERNAL GOD IS MY DWELLING PLACE.  
I MEET OUTER CHANGES AND ADJUSTMENTS  
WITH INNER POISE AND CONFIDENCE.

CHANGE is the law of life and growth. When it becomes necessary to make a change in my work or my way of living, I do not become tense or anxious. A new position, a new community, a marriage, or retirement in the family, may make changes and adjustments necessary. But these need never fill me with dismay, for beneath all outer change is the eternal God who never changes.

God is my dwelling place, I am secure in Him. The everlasting arms of His love bear me up. He is the one presence and power in my life. He gives me wisdom and strength to meet the inevitable changes that occur in every life.

I dwell securely in Him. Because I feel the sustaining strength of the everlasting arms, I meet every outer change and adjustment with unshakable poise and confidence. I dwell in God; God dwells in me.

*The eternal God is thy dwelling-place,  
And underneath are the everlasting arms.*

—DEUT. 33:27.

## I WORK WITH GOD IN WHATEVER I DO.

**M**AN'S WORK is a blessing, a gift from God. Through his labors man builds buildings, explores the ocean floor, probes the skies, and performs all sorts of miracles that were unthought of even a few years ago.

But not all work is glamorous and exciting. Involved in any worthwhile accomplishment are many hours of detail work or practice that can become monotonous. Each task is important, however, and doing it with a right attitude can turn it into a satisfying accomplishment.

If you are faced with a monotonous task to do today, do it as if God were working with you, for in truth He is. You are His hands, His eyes, His life in expression.

Instead of seeing the drudgery in any task, see the possibilities in that task. When you work in this way, you will find that your work is more interesting, it is easier to do, and it brings you richer rewards in satisfaction. Such loving labor increases the blessing that comes both to you and through you.

♣ *Thou hast blessed the work of his hands, and his substance is increased.*—JOB 1:10.

## Sunday

DECEMBER 3

FATHER-GOD, MY HEART SHALL NOT FEAR,  
FOR YOU ARE WITH ME.

FATHER-GOD, there is no anxiety in my heart, for I hold fast to Your promise: "Fear not; for I am with thee." These words of comfort sustain me; they give me courage and peace.

Father-God, when doubts and fears assail me, I know that I can turn to Your protecting presence. As I listen reverently for Your Holy Spirit to speak to me, my mind is freed from all misgivings. I feel Your perfect love infolding me in the healing quiet of Your presence. I become peaceful in Your peace. I know that there is nothing to fear, for You are with me.

Then, Father-God, I go forward in the spirit of peace and courage that You have given me. I face life unafraid, confident that I am sustained by Your power.

I give thanks, Father-God, that You are my faithful companion, that Your loving presence is with me every step of the way.

*He shall call upon me, and I will answer him;  
I will be with him in trouble:  
I will deliver him, and honor him.*

—PSALMS 91:15.

DECEMBER 4

*Monday*

I AM ESTABLISHED IN PEACE AND I RADIATE  
A BLESSING OF PEACE WHEREVER I AM AND  
WHEREVER I GO.

**D**URING THE Christmas season the refrain,  
"On earth peace, good will toward men,"  
fills the air. Everywhere men's thoughts  
turn to peace.

This is no time for a spirit of intolerance. This  
is no time for bitterness, depression, or fear. This  
is no time for distrust or uncertainty.

This is a time for our hearts to be kindled with  
love for God's righteousness and justice. This is a  
time for faith—faith in God, in ourselves, in our  
fellow man, and in the outworking of good. This  
is a time to speak words of cheer and courage.  
This is a time to radiate peace and confidence. This  
is a time to look beyond appearance to the truth  
that "the Lord God omnipotent reigneth."

I bless the world this Christmas season with  
my prayers for peace. I let my every thought  
affirm "good will toward men." I am established  
in peace and I radiate a blessing of peace wherever  
I am and wherever I go.

♣ *The Lord God omnipotent reigneth.*—REV. 19:6  
(A.V.).

## Tuesday

DECEMBER 5

I LET GOD'S LOVE EXPRESS THROUGH ME BY  
BEING COURTEOUS IN WORD AND DEED.

WHEN WE speak and act courteously toward other persons, we add much to the graciousness of everyday living. Courtesy is an outward expression of the love of God within us. And as we express God's love through kind and thoughtful words and actions, we help others to realize their worth as children of God. Also when we speak and act from the inspiration of God's spirit of love within us, we receive a courteous and considerate response from those we contact, and all are blessed.

During these busy days before Christmas, we may occasionally be inclined to speak quickly and to act hastily, but the way of gentleness and graciousness, the way of order and harmony is to let a courteous attitude bless all persons and situations. A courteous manner calms tense, hurried moments, and we are able to handle the multitude of tasks before us with composure and cheerfulness. We lighten other persons' tasks too as we give them the blessing of a courteous and cheerful attitude.

♣ *Be ye all likeminded, compassionate, loving as brethren.*—I PETER 3:8.

DECEMBER 6

## Wednesday

THE LIFE OF GOD FILLS ME THROUGH AND THROUGH. I AM STRONG, WHOLE, AND PERFECT.

**W**HEN YOU pray for your own healing, see yourself as inseparably and indivisibly one with the life, strength, and perfection of God. Relax. Pray in faith. Your mind will become filled with harmonious, positive, healing, uplifting thoughts. You will realize that God's life fills you through and through.

Pray for another person's healing just as you would your own. Relax and pray in faith. Acknowledge the glorious, healing, life-giving presence of God as being with the one you would help. Know that the one you would help is inseparably one with God's perfect life.

Healing comes to you when you realize the truth that God's life and perfection fill you through and through. Just so does healing come to the one you would bless—when your prayers help him to realize that God's life and perfection fill him through and through.

*The Spirit of God hath made me;  
And the breath of the Almighty giveth me life.*  
—JOB 33:4.

## GOD'S ABUNDANCE IS MINE.

**D**IVINE SUBSTANCE, from which everything visible and invisible is made, knows no limitation. Lack is man made. Abundance is God's—and abundance is man's in whatever measure he accepts it.

I accept God's abundance now. I am filled with the knowledge, the realization, the understanding that there is plenty of every good thing. The unlimited substance of God is mine to call upon and use. My mind is alert to His creative ideas. I have the understanding and ability to put these ideas into action. As I put these creative ideas into action, spiritual substance takes perfect form and I have an abundant supply to meet every need.

I do not limit the number of ideas I receive, nor do I limit the avenues of expression whereby I put these ideas into action. I trust God for ideas to meet small needs as well as large needs. I accept God's abundance in bountiful measure and every need is met.

God's abundance is mine, and I accept His abundance now.

♣ *Ye shall eat in plenty and be satisfied.*—JOEL 2:26.

I BLESS YOU; I LOVE YOU.

WHEN WE ARE in the presence of people with whom we feel irritated and unloving, we can bless them until we can love them.

A blessing is a calling forth of God's good. When the good is called forth in ourselves and others, we automatically love and approve of ourselves and others. Other persons, in turn, feel loving and good toward us.

Every person in our life is there so that we may share a blessing. When we let ourselves have a negative attitude or reaction toward another person, we may miss the blessing that God would give us through his presence in our life. We may choose a marriage partner and friends, but we cannot choose every person through whom our blessings will come. But God does not limit our good to a few people. He would give us a full measure of good through all persons and all groups of persons who touch our life in any way. In order to call forth the good, we bless these persons and in blessing them we find the good in them and learn to love them.

✦ *Thou shalt love.*—MATT. 22:39.

## Saturday

DECEMBER 9

I AM CONTINUALLY GUIDED BY THE SPIRIT OF GOD WITHIN ME. EVERY STEP I TAKE IS THE RIGHT STEP.

ALL OF US want to feel that we are making right decisions in life. The truth is that every person who prays is guided by the Spirit of God that is within him; therefore, every step he takes is the right step.

If you are making a decision today, know that this very moment God gives you divine inspiration and right direction. Pray and give thanks for the illumination you now receive. Do not be afraid to make a decision. Know that God is with you.

If you are to make a decision in the future, do not be concerned about it now. Instead, pray knowing that when the time comes to make the decision God will be with you and you will be able to make the right choice; you will take the proper direction.

If, on the other hand, you have already made a decision, do not worry and fret, feeling that the decision you made was not a wise decision. God's guidance is always with you and if there is further need for illumination, He will give you light.

♣ *Jehovah will guide thee continually.*—ISA. 58:11.

"THOU WILT KEEP HIM IN PERFECT PEACE,  
WHOSE MIND IS STAYED ON THEE."

**I**N THESE words from the Bible we have the key to immunity from all inharmony and disease. The promise is that we will be kept in perfect peace if we keep our mind centered on God.

We are like a radio. When we are tuned in to God, we are tuned into the idea of health and perfection. We are tuned into the idea of wholeness and freedom, and we are able to maintain a feeling of strength and vitality. But when we do not keep tuned in to God's healing life, we may find ourselves experiencing ill health, discomfort, and imperfection. Then it is necessary for us once again to get in tune with God and to stay in tune with Him.

We get in tune with God by giving our attention to Him through prayer. We keep in tune with God by keeping our mind stayed on Him. Momently, hourly, we live in His Presence. We can feel our oneness with Him and know that we are one with health, freedom, and perfection.

♣ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

# Monday

DECEMBER 11

I AM KEENLY RESPONSIVE TO GOD'S RENEW-  
ING POWER, AND HE BLESSES ME WITH JOY  
AND STRENGTH.

AS THE holidays approach, if we tend to feel overwhelmed by our activities, let us take for our slogan of the season this thought, "There is ever-renewing strength in joy."

Let us remind ourselves that we have access to an inexhaustible source of energy. Even a few moments of prayer each day make us keenly responsive to God's renewing power.

As we turn to God in prayer, He blesses us with strength, joy, and inspiration. He blesses us with order and the ability to organize our time. We decide what activities can be delayed during the busy season, and what activities need to be handled immediately. We find that some activities can be done with less effort.

With God's help we can enjoy every activity. Whether we are sending out greeting cards, shopping, or entertaining, we are relaxed and happy. With God's help we enter into the joy of the holidays.

♣ *They that wait upon the LORD shall renew their strength.*—ISA. 40:31 (A.V.).

I BELIEVE IN GOD'S GOOD. I SEE GOD'S GOOD.

ONE OF OUR Spanish language correspondents mentioned in a spirit of thankfulness: "How good it is to know that where before I used to say—along with many others—'Seeing is believing,' now, thanks to Unity, I have proved the opposite is true! 'Believing is seeing.'"

How right this is! Have you ever known or heard of persons who, in spite of appearances to the contrary, have kept their belief, their trust, their faith in the good that they desire to see manifest? They are applying a law which the Bible states in a slightly different way: "According to your faith," says Jesus, "be it done unto you." Yes, "believing is seeing."

The good you desire, whether it be health, prosperity, love, understanding, joy, or peace, is bound to manifest in your life and affairs if you comply with this law. Believe that good prevails in your life now. Regardless of appearances believe in God only. In this way you will prove that "believing is seeing."

♣ *According to your faith be it done unto you. And their eyes were opened.*—MATT. 9:29, 30.

*A Highway  
and a Way*



Way . . .  
Way

CECIL  
HALE



Oh, not for me the High Road,  
To journey from afar  
With caravans of Wise Men  
Following a Star.

I'll keep a watch with shepherds,  
And walk a road with them.  
We shall arrive the sooner  
Into Bethlehem.

Yes, I shall take the Heart's way,  
For Reason's road is long;  
While Wise Men wondered at the Star,  
Shepherds heard the Song.

I BLESS MY GOD-GIVEN SUPPLY, AND IT MULTIPLIES AND INCREASES.

**M**Y SUPPLY comes from God. Knowing this, I no longer limit the sources of my supply to a certain channel or to certain channels.

I bless my supply as I receive it. I do not think of my supply as governed by persons or by circumstances; I know that my supply is God-given. I see my supply multiplied and increased, bringing me full measure of service. I give thanks for the wisdom to use my God-given supply wisely.

When I pay my bills, I do not begrudge their payment. I remember that I have had the service of the goods or commodities represented by the bills that I am paying. I give thanks that I have the money to pay my bills on time and thus keep my affairs in order.

As I bless my supply, I know that everyone for whom I in my turn am a channel of supply finds it multiplied and increased. They are released from any thought of limitation, and they come into the understanding that their supply is God-given.

♣ *My God shall supply every need of yours.*—PHIL. 4:19.

IN FAITH I STRETCH FORTH MY HAND AND  
I AM HEALED.

**I**F YOU desire to express more health and wholeness, to be set free from any form of illness, Jesus' message, "Stand forth . . . stretch forth thine hand," is for you. This is the time for you to be healed. There is no need to wait in order to prove your worthiness. Nor is it right to delay until you have grown in spiritual understanding. "All the fitness Christ requireth, is to feel your need of Him."

Picture yourself standing forth as Jesus commanded. Hear within the depth of your own mind and heart the Master's words. These words are meant for you today, as surely as they were meant for the man Jesus met on the Sabbath day, in the synagogue. Stretch forth the hand of faith and you are made whole.

In faith see your loved ones and friends stepping forth to be healed. From your heart of love, say silently or aloud: "In faith you stretch forth your hand and you are healed."

✦ *And he saith unto the man . . . Stand forth . . . stretch forth thy hand. And he . . . was restored.*  
—MARK 3:3, 5.

## Friday

DECEMBER 15

GOD BLESS EACH CHILD WITH LOVE AND  
HAPPINESS.

CHRISTMAS and children make a wonderful combination that provides delightful moments for persons around them. You may be a parent, a grandparent, or a friend. Or, perhaps you are just a bystander witnessing the wide-eyed wonder and joyful enthusiasm of children in a toy department or their fascinated gaze as they look at a window display.

Whoever you are, children can bless your Christmas as you allow their joy, their enthusiasm, their wonder, and their love to light a spark of joy, enthusiasm, wonder, and love in you.

Then just as children have blessed you, you can be a blessing to them. Through prayer, you will find ways to give expression to your love. Perhaps you will be guided to help less fortunate children in an outer way. But whether your blessing is an inner blessing or an outer expression, you will find joy and peace filling your heart. You may never be aware of the results accomplished through your blessing, but good will have been shared by God's children everywhere.

♣ *Children are a heritage of Jehovah.*—PSALMS 127:3.

DECEMBER 16

## Saturday

I FOLLOW THE CHRIST AND I AM FREE FROM DOUBT.

HOW OFTEN we question, "Why?" "Why should my friend suffer; he is good and kind?" "Why is my loved one ill; she is so unselfish, so willing to help others?" "Why does this man who works so diligently meet conditions of lack?"

Jesus answered these questions when He said to Peter: "*What is that to thee? follow thou me.*" We will not be burdened by concern or confusion when we follow the Christ. Following the Christ, we have faith, as He had faith, in the goodness of God. He never questioned God as wisdom, life, substance, protection, peace. He knew our Father! He knew God did not send suffering, God is all good. He knew man is meant for good, for man is made in the image of God. He knew, too, that life is growth and progress and man is meant for these. He knew in growth there is often the breaking of a shell; in progress there can be the shedding of a cocoon. Change met with faith, experience handled in love is the way of complying with Jesus' admonition: "Follow thou me."

♣ *What is that to thee? follow thou me.*—JOHN 21:22.

## Sunday

DECEMBER 17

RIGHT NOW GOD IS THE LIFE OF MY BODY,  
THE LIGHT OF MY MIND, THE SUFFICIENCY  
IN MY AFFAIRS.

IT IS NOT enough to say, "God is life." To this I must add: God's life is my life now. God's life animates my body now. Right now I live in God; He lives in me. Right now God's perfect life is renewing, revitalizing my body temple.

It is not enough to say, "God is Mind." To this I must add: God Mind is my mind now. God's wisdom inspires me now. Right now God's guidance and direction are coming to me clearly and unmistakably. Right now I have good judgment.

It is not enough to say, "God is substance." To this I must add: God's superabundance is mine now. The channels of my good are open now. Right now God is supplying my every need. Right now God is blessing me with new understanding, new ideas, and new opportunities to use my talents and capabilities.

Right now "the Father . . . dwelleth in me" as the life of my body, the light of my mind, the sufficiency in my affairs.

♣ *The Father . . . dwelleth in me.*—JOHN 14:10 (A.V.).

DECEMBER 18

*Monday*

MY ATTENTION IS CENTERED ON GOD, AND  
I MAINTAIN A HAPPY MOOD.

OUR MOODS need never be determined by our surroundings nor by the attitude of persons around us. We can, through prayerful persistence, keep our moods happy.

Outer conditions do not have the power to determine our moods. Our words are formed within us. Unhappy surroundings and the pessimistic viewpoint of other persons can only make us feel depressed when we allow them to. The moment we withdraw our attention from any unpleasantness and focus it on the presence and power of good, we are uplifted. In this way we regain and retain a bright, happy mood, and enter into the joy of the season.

This does not mean we must talk about joy and we must laugh all the time. It does mean we will have an awareness of God's good that will enable us to go quietly about our daily tasks so that those around us feel a sense of happiness and peace. They will respond by becoming cheerful, too, and by entering into the joy of Christmas.

♣ *Happy is the people whose God is Jehovah.*—PSALMS 144:15.

## I AM IN DIVINE ORDER.

**M**Y MIND is in divine order. My body is in divine order. My affairs are in divine order. My eyes see the effects of divine order. My ears hear the harmonious sounds of divine order. My mouth speaks of the divine order in which I live, move, and have my being.

If before this my eyes beheld unfinished tasks, challenging circumstances, disheartening conditions, they now see through to reality. I am in divine order. If before this my ears heard sounds of disagreement, complaint, discord, they now hear the truth. I am in divine order. If before this my mouth spoke words of discontent, argument, condemnation, my mouth now speaks words that are positive and helpful. I am in divine order. My thinking is clear and unclouded, my whole body is filled with light, and my affairs are blessed.

Not only am I in divine order. All those around me, behold divine order in me, feel the urge to become established in divine order. This urge is the Spirit of God within inviting them to live a divinely ordered life.

♣ *I am with you in the spirit, joying and beholding your order.*—COL. 2:5.

THIS IS GOD'S UNIVERSE, CREATED BY HIS POWER, SUSTAINED BY HIS LOVE. THE LORD REIGNS, AND ALL IS WELL.

WE HEAR a great deal these days about satellites, space stations, and the conquest of the universe. If we sometimes feel the rapid pace of events is disquieting, let us turn to the words of the Psalmist: "If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me." This is God's universe, and it is filled with His goodness. It is created by His power, sustained by His love. God is everywhere evenly present in His creation. Wherever man's explorations may take him, God's power and love have prepared the way. Whatever discoveries the future may hold, they will reveal anew the infinite power, wisdom, and love of God.

We can go confidently forward into the new vistas that are unfolding before us, for we can never stray beyond the circle of God's love. We are upheld and guided by His hand. The Lord reigns, and all is well.

✦ *Whither shall I go from thy Spirit?*—PSALMS 139:7 (A.V.).

## Thursday

DECEMBER 21

GOD HAS AN ORDERLY PLAN OF ETERNAL LIFE. IN HIS PLAN I HAVE TIME TO APPROACH AND ACCOMPLISH ALL THINGS WITH GENTLENESS AND LOVE.

I HAVE TIME to do all that needs to be done by me, for life is eternal. Because I have been given the gift of eternal life, I have time to approach and accomplish things in God's way, that is, in the spirit of gentleness and love.

God has an orderly plan of eternal life. In orderly sequence, each thing, each condition, each person appears in my life so that I may be blessed and may be a blessing. In this orderly plan only one thing needs to be done at a time. I approach that one thing with gentleness and love. When I am gentle and loving, difficult tasks become easy. I am able to meet difficult people with understanding and tact, and seemingly impossible conditions are transformed.

I have time to be kind and interested in those people that are drawn into my life. I have time to pray. I have time to approach and accomplish all tasks with gentleness and love.

♣ *Not by might, nor by power, but by my Spirit.*  
—ZECH. 4:6.

I LET THE SPIRIT OF CHRIST IN ME HAVE ITS WAY IN MY MIND, BODY, AND AFFAIRS.

I AM A spiritual being. Christ, the perfect pattern for my life, indwells me. I am not subject to lack, weakness, inefficiency, or in-harmony. I am not subject to fear; I am not subject to unhappy or depressed moods. I am subject only to Christ.

I let Christ come forth in me. I let Christ take control of my mind, body, and affairs. I let the Christ pattern for my life unfold, for I know that it is beautiful and complete.

I co-operate with Christ by putting to flight negative thoughts and feelings. Consciously and deliberately I seek to express positive, Christlike thoughts. I do not give way to discouragement, I do not struggle or strain, when negative thoughts and feelings come. Gently but persistently I replace them with what I know to be Christlike thoughts.

I am a spiritual being. I rejoice in the realization that my life is Christ-directed, Christ-sustained, and Christ supervised.

✦ *That ye may be strengthened with power through his Spirit in the inward man.—EPH. 3:16.*

## Saturday

DECEMBER 23

THROUGH JESUS CHRIST I BEHOLD GOD'S  
LOVE IN PERFECT ACTION.

AT CHRISTMAS time, even more than any other time of the year, our heart tells us that God is love and that this love infolds and protects us. Through the birth of Jesus, through His message, through His ministry, we are privileged to see God's love in action. Through Jesus' teaching we are made aware of our ability to think positively as Jesus thought positively, to speak the word of truth as Jesus spoke the word of truth. Through Jesus' teaching we learn to accept ourselves as beloved children of our Father-God.

As we think of God's love, let us think of the protecting action of this love. God's love keeps us from all harm, it directs us into paths of safe conduct, it releases us from strained, tense conditions, it leads us to follow after peace and order. God's love, felt in the heart of man, is experienced in the life of man, for it is in charge of the world of man. For God is love, a love that acts through man and for man to perfect and to protect.

♣ *For the Father himself loveth you.*—JOHN 16:27.

# Sunday

JOY TO THE WORLD, THE LORD IS COME! I  
FIND HIM IN THE HEARTS AND IN THE FACES  
OF GOD'S CHILDREN.

**J**OY TO the world! In this season, when we commemorate the birth of the infant Jesus, we rejoice in the renewed awareness of God's love. We rejoice in this Child who brought to the world its greatest revelation. Through Him man became acquainted with the indwelling Christ Spirit that is God's supreme gift.

Joy to the world! The living Christ Spirit, that spoke and worked through Jesus, the Son of God, makes its home in the heart of every child of God.

I am conscious of the Christ Spirit speaking and working in every word of love and every act of kindness in my world today. I see the Christ Spirit in the quiet, steady devotion of parents caring for their children, in the unheralded faithfulness of all who do their daily work with dedication and high purpose. I see the Christ Spirit in the faces of teachers, scientists, postal clerks and all God's children everywhere.

✦ *Behold, I bring you good tidings of great joy.*  
—LUKE 2:10.

# Monday

DECEMBER 25

CHRIST IS BORN IN ME TODAY. HALLOWED BE  
HIS PRESENCE.

“**T**HERE IS BORN to you this day . . . a Saviour, who is Christ the Lord.” Thus spoke the angels to the shepherds as they kept watch by night over their flocks. The shepherds, hearing and heeding the angels, went to look for their Saviour and they found the baby Jesus, lying in the manger.

“There is born to you this day . . . a Saviour, who is Christ the Lord.” The Spirit of God in man urges him toward this truth today. We, recognizing this truth, seek through prayer, and we find “Christ the Lord” indwelling man.

In The Gospel According to Luke, we are told that the shepherds, returning to their flocks, glorified and praised God for all the things they had heard and seen. And when we find the Christ indwelling, we, too, glorify and praise God. For hearing and accepting, seeking and recognizing, glorifying and praising, all are part of the story of the birth of Jesus and they are part of the story of the rebirth of Christ in you and in me.

♣ *There is born to you this day . . . a Saviour, who is Christ the Lord.*—LUKE 2:11.

I AM GRATEFUL TO GOD FOR HIS GIFT OF THE CHRIST, AND I AM GRATEFUL TO MY FAMILY AND FRIENDS FOR THEIR THOUGHTFULNESS OF ME THIS CHRISTMAS.

**I** AM GRATEFUL! I am grateful for the gifts of God and for the gifts of man. I express my gratitude to God and to man. I pray a prayer of thanksgiving. I speak a word of thanksgiving. I let my grateful heart express its gratitude in the way or ways that are most meaningful.

My prayer of praise expresses my gratitude to God for His gift of the Christ, which was brought to man's remembrance by the birth of Jesus. As I endeavor to live as Jesus lived, to the fullness of my Christ potential, I truly express my gratitude to God.

My words of thanksgiving, spoken with sincerity and love, express my gratitude to family and friends for the cards and gifts that have been given to me this Christmas. My appreciation of the thoughtfulness of my dear ones is felt by them and they in turn are made glad.

Yes, I am grateful—grateful for the gifts of God and the gifts of man.

♣ *He . . . gave gifts unto men.*—EPH. 4:8.

## Wednesday

DECEMBER 27

GOD'S WISDOM GUIDES ME AND GIVES ME STABILITY.

GOD'S WISDOM is mine to use in every decision and in every situation. God's wisdom is expressed in me and through me as I open my mind through prayer and let His ideas guide me in all that I do.

I begin each day by turning to God. I affirm my oneness with Him. I affirm my oneness with His wisdom. I affirm my oneness with His guidance. All through the day I keep a listening attitude. I am receptive to the ideas that come to me, for they are prayer-inspired ideas. Then I act on these ideas; I am not uncertain and wavering in my decisions. I am certain and firm. I have stability of thought and action. I am dependable and responsible as I let God's wisdom guide me.

I look to God for guidance and I think and act in a calm, poised, peaceful way. There is no confusion in me. I have a feeling of rightness within me; I am unwaveringly sure of God's direction. I act, and God gives me the ability to stand firm.

♣ *Wisdom and knowledge shall be the stability of thy times.—ISA. 33:6 (A.V.).*

DECEMBER 28

*Thursday*

I AM REFRESHED IN FAITH. I ANTICIPATE THE GOOD.

**I**N THIS WEEK, between Christmas and the new year, it is wise to give thought to the way in which we can refresh ourselves. It may not be possible for us to leave our business affairs; it may be that during the holidays we are needed more than ever. But, through faith-filled prayer we find refreshment that prepares us to enter the new year with enthusiasm and energy.

Prayer can be a practical part of everything we do. Work and all other activities done in partnership with prayer bring the participant refreshment and renewal. Hands and minds can be busily productive, while the power of practiced prayer fills the receptive person and spills over to bless each moment of his day.

Knowing this, let us practice making prayer a part of all that we do. Then we will be filled with enthusiasm and energy, we will be renewed in body and in mind. We will be ready to greet the new year with fresh faith in, and heightened anticipation of, the good.

♣ *Turn again . . . so there may come seasons of refreshing.*—ACTS 3:19.

## Friday

DECEMBER 29

I AM NOT DISCOURAGED. WITH GOD'S HELP  
I TURN YESTERDAY'S FAILURE INTO TODAY'S  
SUCCESS.

ANY TIME I am inclined to feel discouraged, I remind myself that with God's help I need not be discouraged. This is true even though I have made mistakes and have experienced disappointments. I remember that God loves me and understands me. With His help I can transform yesterday's failure into today's success.

How does God help me to do this? God helps me to learn from and to profit by the lesson contained in every experience. Through His guidance I learn to be patient and tolerant toward myself and toward others. Through His love I broaden my understanding and deepen my compassion. God's wisdom helps me to remember that which is beneficial for me to remember, and forget that which is best forgotten.

I am grateful that no experience need ever be labeled a failure. All experiences in life are lessons, and the Spirit of God in me is my great teacher. I learn. I grow. I go forward.

♣ *He will not fail nor be discouraged.*—ISA. 42:4.

THE PEACE OF JESUS CHRIST HELPS ME TO  
OVERCOME FEAR AND TO BE STRENGTHENED  
IN FAITH.

JESUS SAID: "In the world ye have tribulation: but be of good cheer; I have overcome the world." Let us remember this when we read about the tribulation in the world, when we are troubled about the future of the world.

As we return again and again to the center of peace within us, the peace of Jesus Christ, we are strengthened in our faith, we are filled with a new vision of ourselves and of the world. We see that the Christ Spirit is at work, bringing forth understanding and justice, bringing forth enlightenment and Truth. We see the Spirit of Christ, the Spirit of God in man, triumphing over every appearance of evil, we see that the overcoming power of love is greater than negative or destructive forces.

There is but one Presence and one Power in the universe, omnipotent good. This Presence and this Power can be trusted. With Jesus we can "be of good cheer," for we know this is our Father's world.

♣ *Be of good cheer; I have overcome the world.*—JOHN 16:33.

"FORGETTING THE THINGS WHICH ARE BEHIND," I LET GOD DIRECT ME ONWARD TO NEW GOALS.

THE END OF the year is a good time to clear from our mind old limited beliefs and unhappy memories. It is a good time to let go of remorse or of a sense of injustice. It is a good time to forgive and forget every personal situation that has been a veritable thorn in the flesh.

Paul expressed the need of "forgetting the things which are behind," in order that he might "press on toward the goal unto the prize of the high calling of God in Christ Jesus."

By giving our thought to old conditions and old beliefs we have attached ourselves to them. But now we let go, we detach ourselves from old thoughts and old conditions. We make room for new ideas and for new circumstances. "Forgetting the things which are behind," we yield ourselves to God's direction and guidance. We feel a new sense of peace. With new vision we go forward to new goals.

✦ *Forgetting the things which are behind . . . I press on toward the goal.*—PHIL. 3:13, 14.

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(7) all the bright and beautiful lights that bloom at this happy season, none speaks so clearly or cheerily of the true meaning of Christmas as the light that shines in the window where Silent Unity's vigil of prayer is held. This light shines day and night throughout the year, not at Christmas only. But especially on a snowy winter night, we are warmed and cheered when we look up and see the light shining.

In the room behind this glazing square, there are people praying, loving, consecrated, faith-filled people praying in the name of Jesus Christ. We know that we have only to call, and they will pray for us. Somehow, when we turn away and go on about our business in the night, we feel closer to God, more aware of His infinite, enfolding, outstretched love.

—Christmas in Silent Unity

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